

**Glenn Livingston, Ph.D.
And Annalise
Will Never Eat Fast Food Again**

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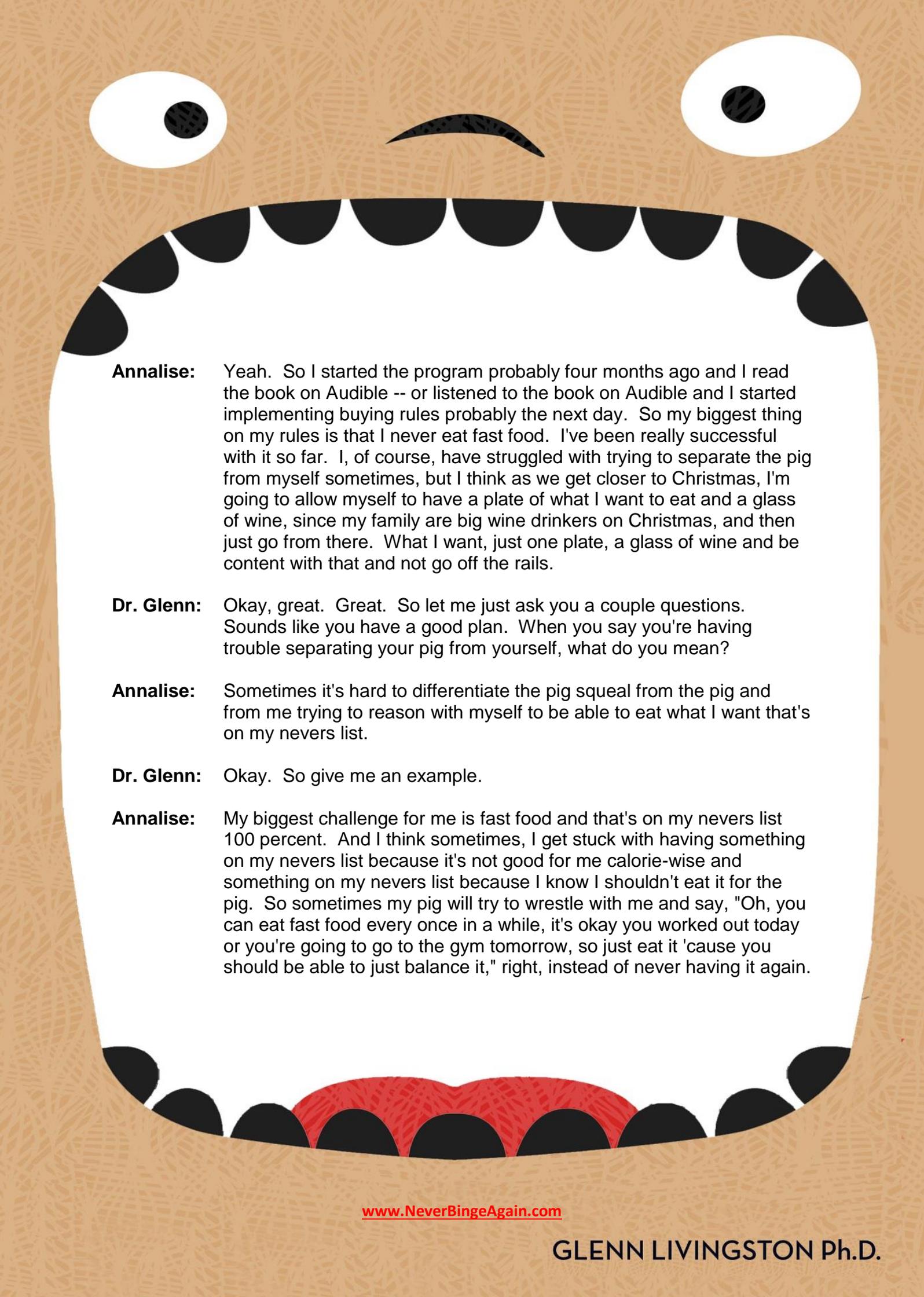
Dr. Glenn: Hey, this is the very good Dr. Glenn Livingston with Never Binge Again and I'm here with a kind-hearted woman named Annalise, who has agreed to let me record this session, special holiday session, to help you all benefit from her observations and experience and strength and trials and tribulations and all of the above. So how are you, Annalise?

Annalise: Good. How are you?

Dr. Glenn: I'm good. So could you catch us all up quickly on where you are with Never Binge Again; when did you come to it? What does it mean to you so far, where do you struggle? And then I'm particularly interested in since this is just a couple of days before Christmas where your plans for the holiday might take you.

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GLENN LIVINGSTON Ph.D.



Annalise: Yeah. So I started the program probably four months ago and I read the book on Audible -- or listened to the book on Audible and I started implementing buying rules probably the next day. So my biggest thing on my rules is that I never eat fast food. I've been really successful with it so far. I, of course, have struggled with trying to separate the pig from myself sometimes, but I think as we get closer to Christmas, I'm going to allow myself to have a plate of what I want to eat and a glass of wine, since my family are big wine drinkers on Christmas, and then just go from there. What I want, just one plate, a glass of wine and be content with that and not go off the rails.

Dr. Glenn: Okay, great. Great. So let me just ask you a couple questions. Sounds like you have a good plan. When you say you're having trouble separating your pig from yourself, what do you mean?

Annalise: Sometimes it's hard to differentiate the pig squeal from the pig and from me trying to reason with myself to be able to eat what I want that's on my nevers list.

Dr. Glenn: Okay. So give me an example.

Annalise: My biggest challenge for me is fast food and that's on my nevers list 100 percent. And I think sometimes, I get stuck with having something on my nevers list because it's not good for me calorie-wise and something on my nevers list because I know I shouldn't eat it for the pig. So sometimes my pig will try to wrestle with me and say, "Oh, you can eat fast food every once in a while, it's okay you worked out today or you're going to go to the gym tomorrow, so just eat it 'cause you should be able to just balance it," right, instead of never having it again.



Dr. Glenn: I see. So you really haven't made a firm decision to never have fast food because you're doing it largely to restrict your calories or to reduce your calories.

Annalise: Right.

Dr. Glenn: And so you haven't come to the conclusion of whether maybe it would be okay to have some fast food in a day that you worked out?

Annalise: Right.

Dr. Glenn: Let's stop and talk about that for a moment. Do you get out of control with fast food?

Annalise: Yes.

Dr. Glenn: And you have to recover from it?

Annalise: Yes.

Dr. Glenn: Do you get out of control beyond your calorie limits?

Annalise: 100 percent. Mm-hmm.

Dr. Glenn: And you feel badly for a couple of days after you have it when you get out of control?

Annalise: Mm-hmm. Horrible. Just gross and stomach is upset. Sometimes I feel like I'm never going to get enough food, so I have to eat as much as I can then 'cause I'm not sure when is the next time I'm going to get food is again.



Dr. Glenn: Okay. Well, that's a different squeal and it sounds like there might be some authentic bodily needs there, but it sounds like your pig is saying that the only way to get enough food is to have as much fast food as you can now. Is that true?

Annalise: Yes.

Dr. Glenn: I understand it's true that the pig is saying that. Is the pig right? Is there any other way to get enough food besides eating fast food?

Annalise: Yeah, of course, there is.

Dr. Glenn: How?

Annalise: By my cooking something for myself at home, by having a plan on what I'm going to eat for the day ahead of time. This way when I'm driving home for work or something, I don't just immediately go for that drive-thru.

Dr. Glenn: Yeah. Okay. And what if you get stuck? What if you didn't have the time to cook or to plan, is there some other way to get enough food besides eating fast food, going through a drive-thru?

Annalise: Yeah. Maybe going to a restaurant that has healthier options and not just being able to sit in my car and go through the drive-thru and get that food and go, but going into a restaurant and either sitting down or taking time to look at what I can get and pick it up or something like that.

Dr. Glenn: So not to use a drive-thru?



Annalise: Right.

Dr. Glenn: And is there any reason that you'd starve? Any reason you have to miss meals and feel really uncomfortable? It's okay to feel uncomfortable. You're not going to die if you miss one meal, but is there any reason that you really have to?

Annalise: No, there's not.

Dr. Glenn: What role should fast food have in your life then? What role should food from a drive-thru have in your life?

Annalise: None whatsoever. Not even in the slightest.

Dr. Glenn: What if you run a marathon in the morning?

Annalise: Then I still can't have it. I wouldn't even want it. Even if after I just ran a marathon, I would not want to go eat fast food.

Dr. Glenn: What if you were kidnapped and locked up for the weekend and then you were let out for work on Monday morning and you barely had time to get to work?

Annalise: No, I couldn't. I don't want to eat fast food ever again.

Dr. Glenn: Okay. Is there anything your pig could tell you to suggest that it would be healthy for you?

Annalise: Oh, yeah. Sure.



Dr. Glenn: That would convince you?

Annalise: Yes. I think so.

Dr. Glenn: How could your pig convince you that fast food was healthy for you?

Annalise: Well, actually, I don't know how it could convince me that it's healthy for me, just that it would be easy and convenient and it would taste good.

Dr. Glenn: Well, that's all true. It does taste good and it's easy and convenient. That's all true.

Annalise: But being healthy, no. There's no way it is healthy.

Dr. Glenn: And part of being an adult and maturation is accepting that there are some easy convenient pleasures that we might forego so we can have other pleasures in our life, right?

Annalise: Right.

Dr. Glenn: So what's the rule that you want to follow?

Annalise: To never eat fast food again.

Dr. Glenn: What about on the holiday?

Annalise: Even on the holiday, no fast food.

Dr. Glenn: So when you say that on the holiday you're going to have one plate of anything you want to, you mean besides fast food?



Annalise: Right, besides fast food.

Dr. Glenn: And the way we're defining fast food is anything you purchase at a drive-thru?

Annalise: Yes.

Dr. Glenn: Can you go into a restaurant? Can you go into a McDonald's or a Burger King or someplace that has a drive-thru?

Annalise: No.

Dr. Glenn: Okay. You're never going to eat any food from a drive-thru again, that's what you're saying. From a restaurant that has a drive-thru, you're not going to eat?

Annalise: Right.

Dr. Glenn: Are there any exceptions to that?

Annalise: No.

Dr. Glenn: Not for the holidays, not if you did a giant workout, not if you're really squeezed for time, there are no exceptions to that?

Annalise: No, absolutely not. I will never eat fast food again.

Dr. Glenn: So then when you're talking about separating the pig from yourself, if that's your rule that you'll never eat fast food again, then wouldn't it be true that anything that you heard in your mind that suggested that you might have an even one bite from a restaurant that has a drive-thru,



anything whatsoever that suggested you might do that would be the pig?

Annalise: Yeah, that would be the pig.

Dr. Glenn: How could the pig sneak it through? How could it make you confused about whether it was the pig or whether it was you?

Annalise: Well, now, it can't. I am making the 100 percent conscious decision that I will never eat anything with a drive-thru ever again no matter if I'd had a workout, no matter if I am going to go workout. No matter if you're just going to have one French fry, I'm not going to eat it.

Dr. Glenn: Okay.

Annalise: Yeah, I'm not going to get it.

Dr. Glenn: That's a relief, isn't it?

Annalise: It is and it really is.

Dr. Glenn: What would it mean to you to get all the way through the holidays and wake up on January 2nd knowing that you not only haven't had any fast food, but that you'll never will again, how would you feel?

Annalise: I would feel fantastic. I think I would feel even more confident, I would feel clear-headed and not crappy from all of that crappy food. It will be amazing. It's a great way to go into the New Year.

Dr. Glenn: Let's say you spent all of 2019 not having fast food, never eating even one bite from a drive-thru or restaurant with a drive-thru, what's life



going to be like on January 1st, 2020 going to the new decade, what's going to be different?

Annalise: Well, I think I will have saved a tremendous amount of money. I just can't even imagine how -- well, I can't imagine how much healthier I will feel, the more energy and feeling clearheaded 'cause I know when I eat that stuff, I feel so foggy and not clear on myself. So I know that going into that next year even with eating none for the rest of this upcoming year would just be tremendous.

Dr. Glenn: Let's dimensionalize this a little more. 'Cause the pig doesn't want us to really see the vision, let's fight the pig here. And when you say you would have saved a tremendous amount of money, how much do you think you would have saved over the course of a year?

Annalise: At least a couple hundred dollars.

Dr. Glenn: A couple hundreds a year or per month? How much are you spending on fast food every day?

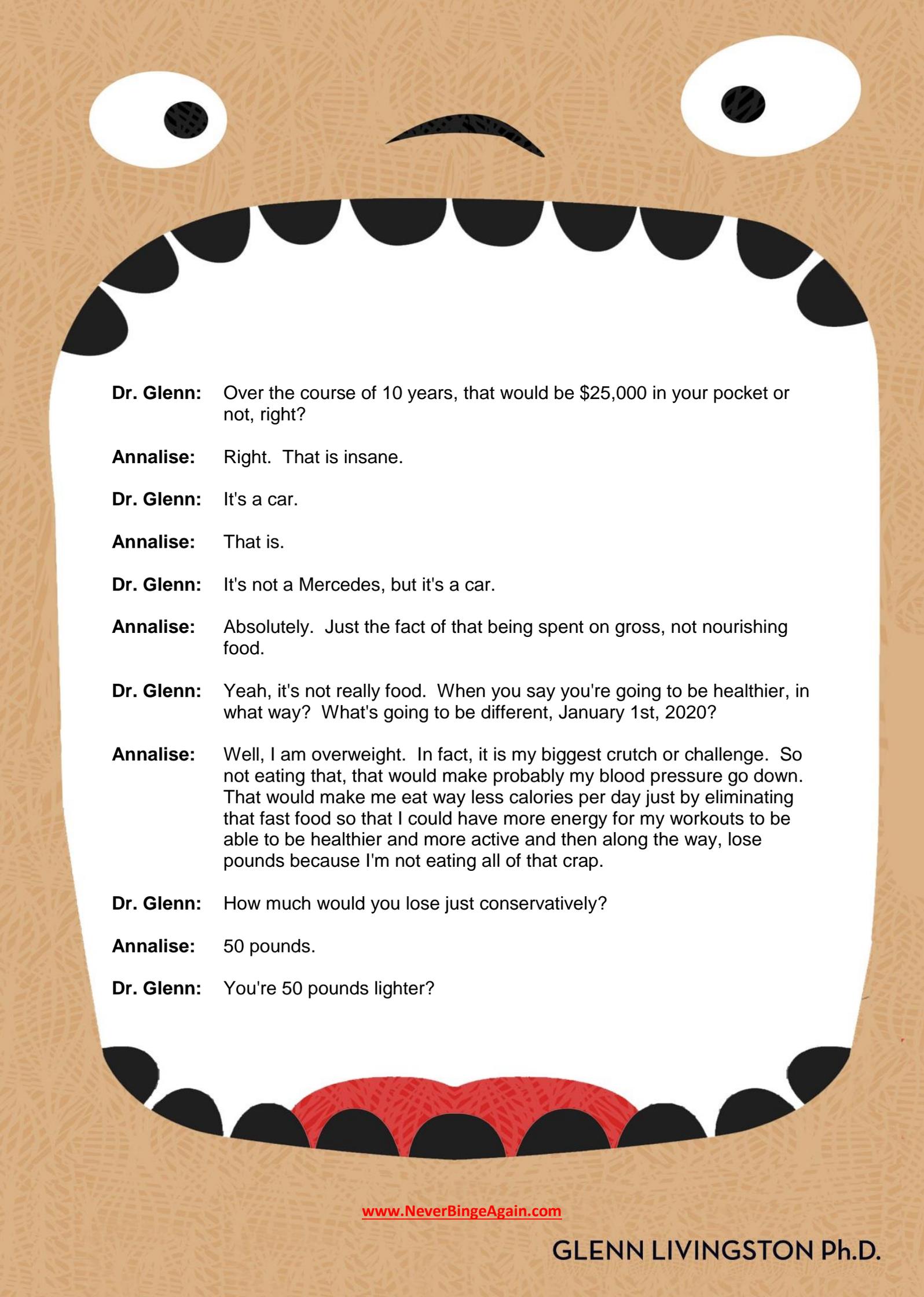
Annalise: Probably \$10 a day.

Dr. Glenn: So that's about \$300 a month or like \$3,500 a year.

Annalise: Oh, my God.

Dr. Glenn: Should we deduct some of that 'cause you're going to have to buy groceries to eat instead, right? Why don't we make it \$2,500 a year to be safe?

Annalise: Okay.



Dr. Glenn: Over the course of 10 years, that would be \$25,000 in your pocket or not, right?

Annalise: Right. That is insane.

Dr. Glenn: It's a car.

Annalise: That is.

Dr. Glenn: It's not a Mercedes, but it's a car.

Annalise: Absolutely. Just the fact of that being spent on gross, not nourishing food.

Dr. Glenn: Yeah, it's not really food. When you say you're going to be healthier, in what way? What's going to be different, January 1st, 2020?

Annalise: Well, I am overweight. In fact, it is my biggest crutch or challenge. So not eating that, that would make probably my blood pressure go down. That would make me eat way less calories per day just by eliminating that fast food so that I could have more energy for my workouts to be able to be healthier and more active and then along the way, lose pounds because I'm not eating all of that crap.

Dr. Glenn: How much would you lose just conservatively?

Annalise: 50 pounds.

Dr. Glenn: You're 50 pounds lighter?



Annalise: Mm-hmm.

Dr. Glenn: And what were the implications of that be? If you're 50 pounds lighter, what else would change?

Annalise: I'll be wanting to go do more things physically outside with my husband, take my dog on more walks, have more energy for my job, more time -- or not more time, but have more energy to want to put more time into things. I'm just like getting excited thinking about it.

Dr. Glenn: That's the idea. So if you put more time into your job and you had more energy to do things, does that have any financial impact on you?

Annalise: Absolutely. I would be a better employee at my job so I would be able to work harder, possibly have more opportunities there to be able to earn more financially, to be just a better employee, a better me all around.

Dr. Glenn: This is just a wild thing to do and I don't want you to take a very conservative guess, but if you think about spending the decade of the 2020s without fast food versus with fast food, when you wake up on January 1st, 2030, how much money do you think you will have made in the '20s?

Annalise: Thousands more.

Dr. Glenn: So over the 10 years, how much would you have made? Give it a real number conservatively. So few thousand a year or few thousand altogether? I don't want you to lie, tell me what you really believe.

Annalise: \$10,000 to \$15,000 more.



Dr. Glenn: So like a thousand dollars a year?

Annalise: Yeah.

Dr. Glenn: Okay. So you'd save \$2,500 a year and you'd make about a thousand a year, so like \$3,500 a year difference?

Annalise: Yeah.

Dr. Glenn: Okay, it's fair. What's the implication if your blood pressure being down?

Annalise: I know I have high blood pressure currently and I probably attribute that to the amount of fast food that I eat, so eliminating that would help significantly, if not help it altogether.

Dr. Glenn: And what would be better in your life if you didn't have high blood pressure?

Annalise: I wouldn't have to take any sort of medications for it.

Dr. Glenn: Are you on medication now?

Annalise: No, I'm not, but they want me to be.

Dr. Glenn: Okay. So you'd avoid medication?

Annalise: Yes.

Dr. Glenn: What else?



Annalise: Just have more energy. Just be able to walk outside and go for a high brisk walk without being out of breath.

Dr. Glenn: What happens if you don't do it? What happens if you keep eating fast food all the way through the '20s?

Annalise: I'm going to eat myself to death.

Dr. Glenn: And would you die suddenly or would there be suffering along the way?

Annalise: There would be suffering along the way.

Dr. Glenn: What kind?

Annalise: Serious weight gain, probably have a heart attack, high blood pressure, maybe even diabetes, not even being able to walk out of the house.

Dr. Glenn: Yeah. I got to tell you, my mom and my uncle went through things like that. A lot of people think they're just going to drop dead in their sleep, but it doesn't usually work like that.

Annalise: Right.

Dr. Glenn: Let's give your pig a chance, okay?

Annalise: Okay.

Dr. Glenn: Why is your pig saying that you're ever going to have a single bite of fast food again; that you can't, shouldn't or won't stick to this rule?



Annalise: 'Cause it'll be easier to just go eat the fast food. It'll be easier to just go drive through the drive-thru and eat the fast food and then you can just eat it in the car along the way.

Dr. Glenn: Why else can't, shouldn't or won't do this?

Annalise: You just know you want to eat some fries real quick. You can just eat it in the car and you can throw it away before anybody even notices. You haven't had it in so long, so you deserve to have just a bite. Ew, I hate the pig.

Dr. Glenn: Good. Good. So it's easy to throw away before anybody notices. What was the last one?

Annalise: You haven't had it in so long, so you deserve to have just a bite. Right now, when I'm saying that, I'm like, no. I'm just like disgusted with myself even hearing what the pig would say.

Dr. Glenn: Good. The pig is disgusting. It doesn't really care about your health or wellbeing or your blood pressure or your energy or finances or your relationship with your husband and your ability to go out with your dog and run around outside, it doesn't care about any of that. But I want to drain the pig of all its energy. What reasons does the pig have that you can't, shouldn't or won't stick to this rule? Why does it say you're going to have fast food?

Annalise: You know you can have just a bite of it and just start over again tomorrow. You don't even have to eat the whole meal, you can just have a bite. Just a little bit. I'm out with friends and they're going to get fast food. Oh, well, this is their eating and it's okay. You can just have it. You want to be able to eat like normal people, right?



Dr. Glenn: Why else?

Annalise: Well, even if you don't drive through the drive-thru, you can just walk inside and get it and that wouldn't count. I can't think of anything else that he would say right now to make me want to eat it.

Dr. Glenn: Okay. And we call the pig an it so that we don't give it a dignity of a human pronoun. I got that from Jack Trimpey.

Okay. So let's go through these and I want you to help me find the lies, so jump back up into your higher self. So when the pig says that it's a lot easier to eat the fast food and you can always just walk into the restaurant so that the drive-thru doesn't count, where is the lie in that?

Annalise: It doesn't count 'cause I'm not going to ever eat at a place with a drive-thru ever again, whether I walk inside or drive through the drive-thru.

Dr. Glenn: You don't care how easy it is because you decide that you're willing to make the extra effort for your health.

Annalise: Right.

Dr. Glenn: When the pig says you know you really want to eat a few fries and you can hide them, eat them in the car or throw them away before anybody knows so you might as well do it, where is the lie in that?

Annalise: I know that I don't want to eat that. I don't want to try and hide the wrappers or the fries for myself. I really don't want to eat a couple fries, it's not even worth it. And I don't even care about trying to hide it from someone else, I care about me eating it.



Dr. Glenn: You don't want to eat it, the pig does.

Annalise: Right.

Dr. Glenn: When the pig says you've had a long day and you deserve it and you haven't had it in so long so you deserve just a bite, where is the lie in that?

Annalise: I deserve to eat something that's going to make me feel better and I'm not going to feel so horrible after I eat it. I don't want to eat that 'cause I know I'm just going to feel disgusting afterwards in long day or not.

Dr. Glenn: You should never have to recover from a meal, right?

Annalise: Right.

Dr. Glenn: When the pig says you could start tomorrow, so one bite won't hurt today?

Annalise: No, I'm going to start right now. I don't need that one bite. I don't need to start over from everything.

Dr. Glenn: And it will be harder to start tomorrow if you eat it today. You're going to reinforce the addiction, yeah.

Annalise: Mm-hmm.

Dr. Glenn: Well, your friends are eating it, so it's okay. You want to eat like normal people, right? Where is the lie in that?



Annalise: What's to say the way that normal people eat. I need to eat the way that I want to eat for me and I don't want to eat fast food. I don't want to have to recover from that meal and feel horrible afterwards. Yeah, I don't care if they're eating it or not, I can sit there or not even go with them to the restaurant because I don't need to sit there and watch them eat that.

Dr. Glenn: So Annalise, how confident are you that you're never going to binge again? Never going to eat fast food again?

Annalise: Right now, I feel 100 percent confident.

Dr. Glenn: Take a breath and be sure. Is the pig saying anything after you've said that you're 100 percent confident?

Annalise: No, I can't hear anything from the pig.

Dr. Glenn: So even if your pig had other ideas, you're still not going to do it?

Annalise: Right. I will never eat fast food again.

Dr. Glenn: What about on Christmas?

Annalise: No, I'm not eating fast food on Christmas.

Dr. Glenn: What if your family was in horrific car accident and you were just miserable?

Annalise: No, I will not eat fast food. They would not want me to eat fast food either. That would be a lie.



Dr. Glenn: Do you have any questions or concerns?

Annalise: I don't.

Dr. Glenn: Are you really never going to have fast food again?

Annalise: I'm really never going to have fast food again.

Dr. Glenn: Are you sure between now and the day that you die?

Annalise: I'm sure.

Dr. Glenn: Well, congratulations.

Annalise: Thank you.

Dr. Glenn: Do you have any questions?

Annalise: I don't.

Dr. Glenn: Okay.

Annalise: Sorry, I'm emotional right now.

Dr. Glenn: Are they tears of happiness? Tears of relief?

Annalise: They are.

Dr. Glenn: Good for you. It's a very emotional event. It calls for a celebration. You crossed over.



Annalise: Yes.

Dr. Glenn: Enjoy the relief, enjoy your life free of fast food, enjoy the extra money that you're going to have, watch your health improve, watch your energy improve, and enjoy the holiday.

Annalise: Thank you so much for this phone call.

Dr. Glenn: You're so welcome. I'll talk to you soon. Bye.

Annalise: Thank you, bye-bye.

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